

Weekly Diabetes Update



August 29, 2008



1. **Labor Day**

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well being of our country.

Traditionally, Labor Day is celebrated by most Americans as the symbolic end of the summer.

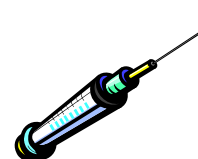
Enjoy your holiday and be safe. Read more about Labor by clicking on this web site:
<http://www.dol.gov/OPA/ABOUTDOL/LABORDAY.HTM>.

2. **Educational Opportunities**

• **Adolescent Health Care: Issues and Trends Training – September 17, 2008**

The training will be held at the Clay County Public Health Center, 800 Haines Drive, Liberty, MO on **September 17, 2008, from 8:00 a.m. to 4:00 p.m.** Topics to be addressed include Achieving Quality Health Services for Adolescents, Teen Immunizations, Eating Disorders, Overweight/Obesity, Over the Counter (OTC) and Prescription Drug Abuse (pharming), Alcohol Use Trends That Target Adolescents, The Choking Game, and Cutting. Co-sponsors include the Missouri Department of Health and Senior Services Adolescent Health Program, Children's Mercy Hospitals and Clinics, Clay County Public Health Center, Missouri Chapter American Academy of Pediatrics, Tri-County Mental Health Services, and other partners.

This training is targeted to health and mental health professionals who care for adolescents. For further information and registration, go to <http://www.dhss.mo.gov/AdolescentHealth/Conferences.html> or contact the Adolescent Health Program at 573-751-6210.



- **Missouri Immunization Conference – October 2-3, 2008**

The Missouri Immunization Conference will be held at the St. Louis Marriott West on **October 2-3, 2008**. The program will provide a forum for the exchange of information between private and public health care providers, and will examine emerging issues regarding immunizations for all age groups. Dr. Paul Offit, Children's Hospital of Philadelphia, will be speaking at this year's conference, as will many other recognized speakers. CMEs and CEUs will be offered for participants. More information regarding this year's conference, as well as registration information, can be found at www.dhss.mo.gov/Immunizations.

For additional questions, contact Jennifer Paulk, Bureau of Immunization Assessment and Assurance, at jennifer.paulk@dhss.mo.gov, or call 573-751-6124.

3. **Diabetes Research News**

- **Arsenic Exposure Tied to Increased Risk for Type 2 Diabetes**

Ana Navas-Acien, M.D., Ph.D., of the Johns Hopkins Bloomberg School of Public Health, Baltimore, and colleagues studied 788 adults age 20 and older who had their urine tested for arsenic levels as part of the government-conducted 2003-2004 National Health and Nutrition Examination Survey (NHANES).

Overall, 7.7 percent of the participants had type 2 diabetes. After adjusting for diabetes risk factors and biomarkers of seafood intake, participants with type 2 diabetes had a 26 percent higher level of total arsenic in their urine than those without the disease. Levels of arsenobetaine were similar between the two groups.

Read more in this article from Occupational Health and Safety posted on line at: <http://www.ohsonline.com/articles/66628/>.

- **Prevent Diabetes – Make Healthy Lifestyle Choices Now**

A recent news report read: The aging of the baby boomer generation, combined with increased obesity and more sedentary lifestyles in the general population, is creating a diabetes explosion. If current trends continue, the estimated number of diabetes cases in America is expected to grow from the current 18.2 million to more than 30 million by the year 2030. The implications for our health care system are truly frightening, with a significant impact on health costs and public policy. Health experts agree with the report – type 2 diabetes is the result of poor diet, sedentary lifestyle and inadequate intake of a variety of nutrients.

Read more in this article from the Christian Post posted on line at:

<http://www.christianpost.com/article/20080825/prevent-diabetes-make-healthy-lifestyle-choices-now.htm>.



- **New Books Suggests 'Nutraceuticals' Could Prevent Diabetes**

People at high risk for developing type 2 diabetes might be able to delay or prevent the disease by taking certain food supplements and making lifestyle changes, according to a new book by Dr. James W. Anderson, an internationally recognized authority on metabolic diseases and weight loss and professor emeritus of medicine and clinical nutrition at the University of Kentucky College of Medicine.

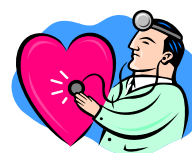
Read more in this article from Medical News Today posted on line at:<http://www.medicalnewstoday.com/articles/119163.php>.

- **Australia's Wake-Up Call - Obesity Costs Now At \$58 Billion Type 2 Diabetes Crisis**

A new Access Economics Report commissioned by Diabetes Australia has found that 3.71 million Australians are obese with a current estimated cost to the nation of \$58 billion.

The report titled "Growing economic costs of obesity in 2008" reveals that there has been a 137% increase since 2005 in the number of Australians who have type 2 diabetes as a result of being obese.

Read more in this article from Medical News Today posted on line at:
<http://www.medicalnewstoday.com/articles/118986.php>.



4. **B vitamins: no magic bullet against heart disease**

If you take vitamin B supplements to guard against heart disease you are wasting your money, research published in today's issue of the Journal of the American Medical Association suggests.

A clinical trial involving 3,096 patients with established heart disease revealed the vitamins were ineffective against heart attack, death from heart disease and stroke.

The notion that B vitamins ward off heart disease stems from the fact that three B vitamins - folic acid, B6 and B12 - lower blood homocysteine, an amino acid made by the body during normal metabolism. High homocysteine is thought to damage the lining of the arteries. Studies have demonstrated the ability of homocysteine to cause oxidative stress and inflammation, as well as to impair blood clotting and blood vessel function.

Read more in this article from GlobeLife Health posted on line at:

<http://www.theglobeandmail.com/servlet/story/LAC.20080820.LBECK20/TPStory/specialScienceandHealth/columnists>.

5. **Preeclampsia Can Increase Women's Risk Of Kidney Failure Later In Life, Study Finds**

Preeclampsia, a condition that causes high blood pressure and other problems in about 5% of pregnancies, can significantly increase risk of developing kidney failure later in life, according to a [study](#) published on Thursday in the *New England Journal of Medicine*, *Reuters/Boston Globe* reports.

Read more in this article from Medical News Today posted on line at:

<http://www.medicalnewstoday.com/articles/119141.php>.

6. State Legislated Actions on Tobacco Issues: 2008 Mid-Term Report

This report, written at the end of the 2008 state legislative sessions, shows that the passing of smoke-free air laws has slowed down in most states. Only two states this year—Iowa and Nebraska—have approved legislation to strengthen existing laws.

The report concludes that we know how to reduce the tobacco epidemic, but now we need the political will.

The report can be found at this website: <http://www.rwjf.org/files/research/3432.33813.pdf>.

7. American Heart Association Launches New Patient Portal

The American Heart Association (AHA) has launched HeartHub, a new Web site to bring patients, families and caregivers the latest in heart disease and stroke information. This new portal will benefit patients at all stages of care, from prevention to disease management.

For more information, visit www.HeartHub.org today!

8. New Report: Adult Obesity Rates Rise in 37 States

Adult obesity rates increased in 37 states in the past year, according to the fifth annual report *F as in Fat: How Obesity Policies Are Failing in America* from the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF).

Rates rose for a second consecutive year in 24 states and for a third consecutive year in 19 states. No state saw a decrease.

Down load the entire report at: <http://www.rwjf.org/files/research/081908.3424.fasinfat.pdf>.

9. Weekly Diabetic Recipe – Barbecue Chicken with Corn Bread Topper

Please go to the following website to enjoy this week's recipe:

<http://recipes.howstuffworks.com/barbecue-chicken-with-corn-bread-topper-recipe.htm>.

